

Community Health Newsletter

Week 24



X-Rays

X-rays are a form of electromagnetic radiation, just like radio and light waves. Unlike light or radio waves, X-rays can pass through your body.



While X-rays pose a slight health risk, they offer tremendous dental and medical value. Since dental X-rays target a specific area, the amount of radiation that reaches other parts of the body is minimal, but overexposure to X-rays can cause damage to cells, which increases the risk of cancerous mutations.

Make sure your doctor or dentist has newer equipment. Older equipment delivers more radiation. If you are pregnant or suspect that you might be pregnant, tell your X-ray technician so they can protect your unborn child against the negative effects of the radiation.

X-ercise

Physical activity is not about spending hours in the gym.

- Hide the TV remote. Get up to change the channel or adjust the volume.
- Disconnect the cable, or shut down your wireless network or Internet for periods of physical activity.
- If the kids want video games, make them interactive exercise games such as those offered on the Wii

Food of the Week: X

While xigua is an edible fruit that is similar to a watermelon, this week's focus is on improving health by increasing consumption of fruits and vegetables to five or more servings a day.

- Fresh, frozen, canned, dried, or 100% juice, not one form of fruit or vegetable is better than another.
- In general, the more colorful the fruit or vegetable, the more nutritious it is, but cauliflower is full of antioxidants, vitamin C, and folate.
- Fruits contain sugar, but this sugar is different from added sugar. Added sugar lacks the health-promoting qualities of the fruit provided by the phenols, fiber, vitamins, and minerals.

When it comes to fruits and vegetables, inadequate consumption is a big concern, so enjoy your fruits and vegetables in a variety of colors and forms.

This site provides free online tools to encourage you to keep walking, running, or cycling. It includes an exercise log to help you track your mileage. There is even a transcontinental virtual trip.

<http://exercise.lbl.gov/index.html;jsessionid=D34E95730169B116A83A4E95D87E71EE>

This is part of a study conducted by Paul Williams, Ph.D., who is a scientist at Lawrence Berkeley National Laboratory.

X-Vegetable Roll Ups

Use tortillas to make vegetable-filled roll ups.

Spread hummus, cream cheese, or peanut butter on a tortilla.

Arrange sliced veggies on the tortilla. Start at one side and roll up the tortilla.

Image Source: <http://www.cdc.gov/diabetes/pubs/eagle/pdf/Colorandfind.pdf>

